



USAREC EFMP SYSTEMS NAVIGATION

USAREC EFMP COMMUNITY NEWSLETTER

Hello from HQ!

Special points of interest:

- Back to School
- PCS-ing? Give us a call!
- Respite Care Changes

We hope you all had a great summer!

It's back to school time. If you have any school related questions, concerns, or issues, please contact us for assistance. Some of you are PCSing. If you are in the process of moving please give us a call or send us an email—we will be more than happy to research the new area for you to help you locate providers, get information on services, schools, support, or whatever you may need. We know you have a million other things to do right now, so let us take some of the load off!



~Emily and Laura

Like our Facebook page
<https://www.facebook.com/usarecefmpsn>

EFMP Respite Care Changes

Inside this issue:

Back to School Prep	2
Cold and Flu Prevention	3
Kid's Korner	4
Homework Organization	4

Per IMCOM memorandum, dated 25 July 2016, "Notification of EFMP Respite Care Eligibility Changes", to ensure the Army can continue to afford providing respite care services to EFMs with the greatest need, **effective 1 July 2017**, and EFMP respite care services will be provided only to enrolled EFMs meeting the eligibility criteria for levels three and four. Those EFMs will be eligible to receive up to 25

hours of respite care monthly.

The new EFMP respite care structure will be implemented over a one year **transition period from 1 July 2016 to 30 June 2017**. Those currently receiving respite care services may continue to do so at the current level of eligibility during the transition period. However, **effective 1 July 2017**, those receiving levels one and two respite care services will no longer be

eligible to do so under the Army EFMP respite care program. Those that are currently level one and two have the option to be reevaluated to determine if they meet the criteria for a higher level. If you have any questions, please contact us, your Soldier and Family Assistance Program Manager or the EFMP Office at the ACS through which you receive respite care.



8 Helpful Back-2-School Tips

Getting back into the school year can be tough; www.readingrockets.org has compiled a list of eight tips that can help improve the back to school transition for families with special educational needs.

1. **Organize all that paperwork.** It can be helpful to keep a family binder with a calendar of events/meetings/conferences, etc., folders for your child's special education documentation, meeting notices, and past IEP's
2. **Start a communication log.** It is important to keep track of phone calls, emails, notes and other communication; keep a notebook or folder of those instances noting the dates, times, and topic.
3. **Review your child's current IEP.** Having good understanding of your child's IEP is important. Make note in your organizational calendar when it will expire and when your child is due for a reevaluation. Ultimately, make sure that it still "fits" your child's needs.
4. **Relieve back-to-school jitters.** Get your kids excited about new classes, new friends, etc. If it's a new school, schedule a day to go visit so they can do a "dress rehearsal".
5. **Keep everyone informed.** Communicate with the school staff about your concerns, questions, or just information you feel like they need to know. Be proactive and honest.
6. **Establish before and after school routines.** It's a good idea to start practicing the routine you will have on school days a while before school starts. Discuss the changes that will take place with your child.
7. **Stay up-to-date on special education news.** You are your child's best advocate. Being knowledgeable about aspects that can affect their education will help you be better prepared.
8. **Attend school events.** Make time in your schedule to attend open house and other school events, and especially parent-teacher conferences.

For the complete article, including more details about each tip and an entire back to school section, visit <http://www.readingrockets.org/article/back-school-tips-parents-children-special-needs>



Cold and Flu Prevention

It's Back to School time which means Cold and Flu Season is right around the corner. Check out this article for great tips on preventing the spread of the cold, flu and other germs.

Keeping Germs Away

The best way to prevent a cold or the flu is to keep your hands clean! The viruses that cause colds and flu are typically transferred from one's hand to the nose or mouth, where the viruses multiply -- and make you sick. The viruses are sneaky, too; they can make you contagious even before symptoms show. That's why it's so important to make sure to teach your kids to cover the mouth and nose with their armpit if they sneeze or cough, and to wash or sanitize their hands, especially before eating, after using the bathroom, sneezing or coughing, and after they come home from school or play dates.

Here are 4 germ-fighting tips to help keep your kids and home clean:

1. Scrub away germs:

Have your kids wash their hands for two rounds of "Happy Birthday", make sure they get their hands sudsy, and keep their nails trimmed.

2. Use hand sanitizer

when a sink's not around, but read the label carefully: An effective hand sanitizer needs to have at least 60 percent alcohol to kill bugs.

3. Spot-clean germ

hotspots Pay attention to the high-traffic areas where germs linger, like counter-tops, phones, and door-knobs, cart handles, and toys.

4. Wipes are super convenient but use a different wipe of each surface to prevent the transfer of bacteria.

Boosting Your Child's Immune System

Aside from keeping clean or getting the flu vaccine, having a healthy immune system is your kid's best bet in fighting off a cold or the seasonal flu. Kids can get an immunity boost from practicing basic

healthy habits: eating well, staying active and getting enough sleep.

Eating Well

For a healthy diet, Dr. Sears recommends giving kids foods packed with phytonutrients. This includes the deepest-colored fruits and veggies such as: blueberries, tomatoes, spinach, sweet potatoes. And don't worry about always buying fresh fruits and veggies; canned and frozen varieties are still packed with phyto power.

Kid won't touch fruits or veggies? A multi-vitamin can supply the vital nutrients. The AAP also recommends a vitamin D supplement for kids up to age 18 to help get the recommended 400 IU per day.

Stay Active

It's well known that regular exercise is beneficial, but Ray Sahelian, M.D. says it can also help prevent catching a cold or the flu.

Plus, exercising outside will also expose kids to sunlight is important, for physical and mental health.



"Being outdoors in daylight for as little as twenty minutes a day can make a big difference in raising your energy level and preventing the winter blues," says Norman Rosenthal, M.D. Sunlight exposure also ups vitamin D intake, which is part of eating well.

Sleep Time

Some studies show that being sleep-deprived limits the body's natural killer-cell activity -- white blood cells, which help battle disease," says Michael Bonnet, Ph.D., Make sure your child gets the recommended amount of sleep; normally, babies need approximately 14 hours, while toddlers require around 13.

For the complete article and more information visit: <http://www.parenting.com/health-guide/cold-flu/prevention>

Germ Farm



Scrub'em!

Kid's Korner

Summer Jokes

(Answers at bottom)

Q1. What do sheep do on sunny days?

Q2. What did the ocean say to the sailboat?

Q3. Why don't oysters share their pearls??



Riddles:

R1: I belong to you, but I am more used by others. What am I?

R2: I run but never walk, have a mouth but never speak, and have a bed but never sleep.

What am I?

R3: I start with the letter E, I end with the letter E, I contain only 1 letter, Yet I am not the letter E. What am I?

Answers to Jokes:

1. Have a baa-baa-cue 2. Nothing. It just waved.

Answers to Riddles:

1. Your name 2. A river 3. An envelope

Homework Organization

Do you have a designated spot for your child's homework and school papers?

If you don't have a home office or other designated space, a homework station might be a great solution for you! Most items can be found right around your home or purchased cheaply at a dollar or discount store. First select your container. You can choose a caddy, tray, shallow box, or any other container that will keep your supplies together. Use mason jars or other small containers to sort your pencils, markers, pens and other supplies. If you need to keep a handle of school papers, add a magazine file to keep all the school paperwork together that needs to be signed, sent back, or kept at home. This easy organization tool can be kept on your kitchen table or counter and easily moved out of sight.



For more great ideas visit <http://www.cleanmama.net/2014/08/make-a-homework-caddy.html> and <http://www.polkadotchair.com/2013/08/back-to-school-tips-with-martha-stewart-home-office.html/>

BACK TO SCHOOL TIP
Create a Homework Station

